



Lifetime Fitness – a Family Affair

Children aren't born knowing what is good for them. They learn by watching what their parents and siblings do. Parents can help build the foundation for lifelong fitness by helping their children choose and enjoy active lifestyles.

Children need at least 60 minutes of moderate to vigorous exercise five days a week. Families can create opportunities for physical activity by making it part of the daily routine.

- Walk at every opportunity
- Walk your child to and from school, and walk to do errands.
- Create new routines like taking a walk after dinner or playing in a park on the weekends.
- Plan physical and recreational activities such as hiking, biking, skating, swimming, and canoeing that family members can participate in together or do on their own.
- Even games of hop scotch, Frisbee, hide and seek, and pickup basketball help keep children's heart rates and activity levels where they need to be for good health.

By learning healthy habits early on, children are more likely to be active and stay active – for life.

Use Your Influence, Mom and Dad!

By setting a good example, parents can help establish healthy habits that last a lifetime!

Protect Kids from Tobacco

Quit smoking and make your home smoke-free. Not only are children of smokers more likely to smoke, they suffer from more frequent respiratory infections, middle ear disease, and asthma.

Practice Sun Safety

Slip! On a Shirt. Protect your skin with clothing.

Slop! On Sunscreen. Use a sunscreen with a sun protection factor (SPF) of 15 or higher.

Slap! On a Hat. Wear a hat with a wide brim. Your ears, neck, and face get a lot of sun.

See Your Doctor

By making appointments for regular checkups, you show your kids that healthcare providers are essential resources for a healthy life.

Healthy Food Habits – It's Never Too Early

Food habits learned during childhood set a lifelong eating pattern. Try these pointers to help your kids enjoy safe and healthy foods every day.

Mix it up. Try cooking foods that build in lots of flavor, texture, temperature variations, and eye appeal.

Set a good example. If you're constantly on a diet or have erratic eating habits, your children will grow up thinking that this is normal. Remember, if you're excited about healthy eating, your kids will be too!

Cook with your kids. Foods served at the table form the foundation for "food memories" children will carry with them throughout their lives. If you let your kids help choose or prepare meals, they'll be more interested in eating healthy dishes.

Keep healthy snacks on hand. Instead of junk food, have fresh fruit, pretzels, plain popcorn, bagels, and sparkling water at home. When you're out with your kids, put a cooler in the car and keep it stocked with carrots, pretzels, yogurt, and water.

Stick to a schedule. Children need to eat every three to four hours: three meals, two snacks, and lots of fluids. If you plan for these, your child's diet will be much more balanced.

Allow treats in moderation. An occasional snack keeps treats from becoming forbidden – and even more appealing to kids. Just be sure to balance these special occasions with smart daily food choices and plenty of physical activity.



Five Myths About Colon Cancer



Many times, colorectal cancer can be prevented; still, it's the second most common cause of cancer death among men and women in the United States. Nearly 60,000 Americans will die this year from colon cancer, but that's a number that could be cut in half if everyone over age 50 got tested for the disease. Don't let these five common myths stop you from getting the lifesaving tests you need, when you need them.

Myth: Colon cancer is a man's disease.

Truth: Colon cancer is just as common among women as men. This year, about 150,000 Americans will be diagnosed with colon cancer, and more than 55,000 will die from the disease.

Myth: Colon cancer cannot be prevented.

Truth: In many cases colon cancer can be prevented. Colon cancer almost always starts with a small growth called a polyp. If the polyp is found early, doctors can remove it and stop colon cancer before it starts.

Myth: African Americans are not at risk for colon cancer.

Truth: African-American men and women are diagnosed with and die from colon cancer at higher rates than men and women of any other US racial or ethnic group.

Myth: Age doesn't matter when it comes to getting colon cancer.

Truth: More than 90% of colon cancer cases occur in people age 50 and older. For this reason, the American Cancer Society recommends you start getting tested for the disease at age 50. People who are at increased risk for colon cancer -- for example, those with a family history of the disease -- may need to begin testing at a younger age. You should talk to your doctor about your specific situation and when you should begin getting tested.

Myth: It's better not to get tested for colon cancer because it's deadly anyway.

Truth: Colon cancer is often highly treatable. If colon cancer is found early and treated, the five-year survival rate is 90%. But because many people are not getting tested, only 38% of cases are diagnosed at this early stage when treatment is so successful.

Beyond Active For Life

Active For Life is not just about encouraging people to start being more active; it's about encouraging them to stay active! Here are some ideas on how to stay motivated to truly become Active For LIFE!

- **Continue to record your Life Points after the program has ended.** Many participants find the record keeping to be the most useful and motivating part of the program.
- **Form walking or activity groups.** Continue to be active with your co-workers, family, friends and neighbors on a regular basis. Investigate opportunities in your community to form or join softball, basketball or bowling leagues.
- **Have an Active For Life reunion.** A few months after the program ends, plan an event that brings your team back together, such as a healthy potluck or picnic—and invite other teams along too!
- **Walk around the world—without packing your bags!** Remember the story from Active For Life News Week #5 about employees who “walked” from their office in Hawaii to Texas? Now you can too! Put together a Travel Team, map your routes, get a pedometer, and hit the road! Keep track of your team's mileage and when you've reached your destination, celebrate with a healthy potluck of local cuisine!
- **Participate in active community events, such as walk-a-thons, bike-a-thons, or marathons.** To find out how to form or join a team for your local American Cancer Society Relay For Life event or Making Strides Against Breast Cancer walk, call 1.800.ACS.2345 or visit us at www.cancer.org.



Active for Life™

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